FLORIDA DEPARTMENT OF HEALTH IN BAY COUNTY FARMER'S MARKET IS OPEN FOR THE 2022 SEASON

Residents will have access to fresh fruits and vegetables



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Panama City, Fla. – The Florida Department of Health in Bay County's (DOH-Bay) WIC program has reopened the Farmers' Market at DOH-Bay for the 2022 season. This market will provide easy access to healthy foods for the community, WIC clients, DOH-Bay clients, and DOH-Bay employees. The Farmers' Market is open to everyone!

"There are currently no fresh fruits and vegetables available in this area of Panama City. Being able to partner with local farmers to provide these resources to the community will be a huge benefit to our community's health", said Sandon S. Speedling, MHS, CPM, CPH, Administrator and Health Officer, Florida Department of Health in Bay County.

The Farmers' Market will be in the front parking lot of DOH-Bay. The address is 597 W. 11th St, Panama City. The market was last open in 2019 but hasn't been open since due to the pandemic. It will operate every Thursday and Friday from 8 am - Noon, weather permitting. The market will accept WIC and Seniors Farmers' Market Coupons as well as cash. Debit/Credit and SNAP will be accepted based on availability.

What: Farmers' Market

When: Thursday and Friday from 8 am – Noon

Where: DOH-Bay front parking lot, 597 W. 11th ST, Panama City

Who: Everyone!

Eating healthy foods can reduce the risk for chronic diseases such as heart disease, diabetes, high blood pressure, osteoporosis, and several types of cancer. Expanding the availability of nutritious and affordable food is an evidenced-based practice for healthy weight. Farmer's markets can increase fruit and vegetable consumption. Increasing access to healthy foods also decreases health inequities.

WIC or Women, Infants, and Children is a special supplemental nutrition program. The program provides supplemental foods, health care referrals, nutrition education, and breastfeeding support. Services are for pregnant and postpartum women and infants and children up to age five. To learn more or to apply for WIC, visit

Bay.FloridaHealth.gov and click on Programs & Services, Clinical and Nutrition Services, and then WIC. You can also call the office directly at 850-872-4666. For breastfeeding support for WIC or non-WIC clients contact the breastfeeding hotline at 850-747-5775.

About the Florida Department of Health

The department, nationally accredited by the <u>Public Health Accreditation Board</u>, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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